

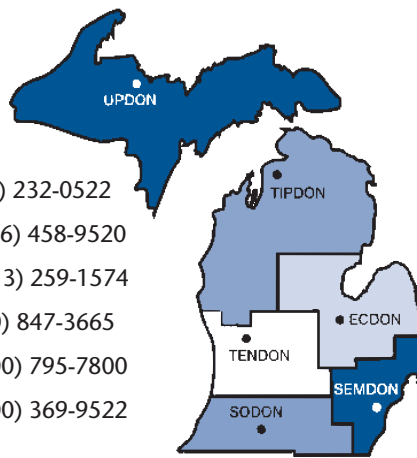
**If you have diabetes, remember the following at your doctor's office:**

- Ask for a referral to a certified diabetes self-management education program.
- Get a thorough physical exam, including blood pressure, weight, urine sample, and tests for blood sugar, hemoglobin A1c, cholesterol, triglycerides and creatinine. Discuss the results with your doctor.
- Have your feet checked every visit.
- Ask how often you should test your blood sugar and what to do when blood sugar levels are out of target range.
- Get a flu shot every year.
- Get a dilated eye exam every year.
- Get a pneumococcal immunization at least once in your life (your doctor will tell you if you need more than one).

**As you start to manage your diabetes, you will see that you are able to control it. Most importantly, taking care of your diabetes will help you lead a longer, healthier, fuller life!**

For more specific information about managing or preventing diabetes, talk to your doctor.

You can also find more information about diabetes through your local Diabetes Outreach Network (DON) at [www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)



ECDON (810) 232-0522

TENDON (616) 458-9520

SEMDON (313) 259-1574

TIPDON (800) 847-3665

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UPDON (800) 369-9522  
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of Community Health



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# Type 2 Diabetes: the silent disease





Type 2 diabetes is often called the silent disease because many people who have it show few or no symptoms. While diabetes may not make you feel sick, it's still a serious disease. If it's not managed, diabetes can lead to:

- Blindness
- Heart attacks
- Strokes
- Foot and leg amputations
- Kidney disease including dialysis
- Frequent hospitalizations
- Sexual problems

## Diabetes warning signs

People with diabetes often show no outward signs of the disease; however, you should get tested if you have any of the following symptoms:

- Thirsty a lot
- Urinating often
- Blurred vision
- Fatigue
- Frequent skin infections or cuts that are slow to heal

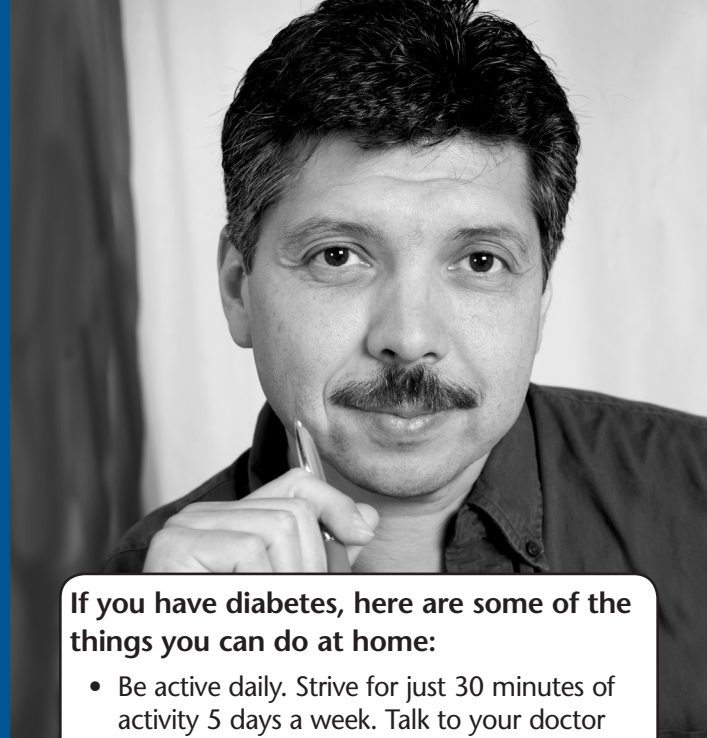
## Am I at risk for diabetes?

Some people are at a higher risk of getting diabetes than others. A simple blood test can tell you if you have the disease. You should get tested for diabetes if you answer yes to any of the following:

- I am overweight and not active
- I am 45 years of age or older
- I have a parent, brother, or sister with diabetes
- I am of Native American, Hispanic, Asian-American, Pacific Islander, or African-American descent
- I have high blood pressure or high cholesterol (high triglyceride and low HDL levels)

## What if I am at risk or have diabetes?

You can reduce your chances of health problems by teaming up with your doctor or health care professional and a diabetes educator to learn more about diabetes and how to stay healthy. Diabetes does not have to get in the way of an active life. Here are some things you and your doctor can do.



## If you have diabetes, here are some of the things you can do at home:

- Be active daily. Strive for just 30 minutes of activity 5 days a week. Talk to your doctor about developing an activity program that's right for you.
- Choose foods and portions to help maintain a healthy body weight. If you have diabetes, talk to a registered dietitian to find the right plan for you.
- Examine your feet every day, looking for sores, calluses, red spots, cuts, swelling, and blisters.
- Quit smoking or don't start.
  - Smoking makes health problems worse and raises your blood sugar level.
  - People with diabetes who smoke are 11 times more likely to have a heart attack than someone who does not smoke.
  - If you need help quitting, talk to your doctor or call the Michigan Department of Community Health at 1-800-537-5666 and ask for a free Quit Kit.
- Keep track of and manage your blood pressure with the help of your doctor.
- If you have diabetes, check and manage your blood sugar.